



**5th Annual
NLIC FLOOD RUN
5K RUN / 1 MILE FUN WALK**

DATE: Thursday, May 24, 2001 LOCATION: Minneapolis, MN

REGISTRATION

The entry fee is \$20. All entrants will receive a race T-shirt. **Please do not mail registration after May 7th, 2001.** Packet Pickup and Late Registration: Tuesday May 22nd and Wednesday, May 23rd from 3:00 p.m. to 5:00 p.m. at the Minneapolis Hilton and May 24th (race day) from 6:30 a.m. – 6:45 a.m. **NO REGISTRATIONS WILL BE ACCEPTED AFTER 6:45 A.M. ON RACE DAY.** Flood Conference attendees: Participants will return in time for the opening session.

AWARD CATEGORIES

Awards will be provided to the overall top three male and female finishers and to the top finisher in each age category.

CHARITY BENEFICIARY

The NLIC 5K Run/1 Mile Fun Walk will benefit The Salvation Army Emergency Disaster Services Program that serves the Minneapolis area. The Salvation Army is an international charitable organization that provides for basic human needs. The funds from this event will help them to serve emergency personnel and survivors of disasters.

**NLIC Flood Run
5K Run / 1 Mile Fun Walk**

Thursday, May 24th, 2001 – 7:00 a.m.
Make checks payable to: NLIC – 5K
Entry Fee: \$20.00

Mail to: NLIC 5K
Attn: Jeri Williams
1713 Woodscent Lane
Simi Valley, CA 93065

NAME: _____ ☐ Male ☐ Female
ADDRESS: _____ Age on Race Day: _____
CITY: _____ STATE: _____ ZIP CODE: _____
PHONE #: (____) _____ SHIRT SIZE: M L XL RUNNER _____ WALKER _____

LIABILITY WAIVER – MUST BE SIGNED BEFORE MAILING

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, for myself and anyone entitled to act on my behalf, waive and release the organizers of the NLIC 5K Run/1 Mile Fun Walk, the Salvation Army, and all other sponsors and beneficiaries, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in the waiver. No strollers, headphones or pets allowed.

Signature (parent or guardian, if under 18) _____ Date: _____